

Lifeguarding Certification Class

Granite Falls is a Proud Provider of American Red Cross Aquatics Training

Lifeguarding Class Session 3:

Friday, April 10th from 4pm-9pm
Saturday, April 11th from 10am-8pm
Sunday, April 12th from 10am-8pm



Lifeguarding Class Session 4:

Friday, May 8th from 4pm-9pm
Saturday, May 9th from 10am-8pm
Sunday, March 10th from 10am-8pm



Lifeguarding Class Session 5:

Friday, June 12th from 4pm-9pm
Saturday, June 13th from 10am-8pm
Sunday, June 14th from 10am-8pm

Lifeguarding Class Session 4:

Friday, May 8th from 4pm-9pm
Saturday, May 9th from 10am-8pm
Sunday, March 10th from 10am-8pm

Class Price:

\$235 per participant
\$35 non-refundable deposit due at registration
\$200 due after pre-course assessment

Participants must attend all of the scheduled class dates and times in order to complete the course and be certified as a lifeguard. If a participant misses any part of the course a refund will not be given and they will not be certified.

All participants must be prepared to swim on every day of the class and bring a suit (one piece is highly recommended) towel and lunch/snacks. Goggles may only be used for the 300 yard swim during the pre-course assessment. We will travel to Triangle Aquatics Center (TAC) for the deep water portion of the class. We will provide transportation to TAC in the Granite Falls Shuttle van or you can provide your own way of transportation.

During the pre-course assessment participants must complete a 300 yard swim (100 freestyle, 100 breaststroke and 100 either freestyle or breaststroke), retrieve a 10 pound brick and swim for 20 yards, and tread water for 2 minutes.

Contact Blair Crosscup or Brandon King at for more information at 919-562-8895



800 Granite Falls Boulevard Rolesville, NC 27571 www.granitefallsclub.com